A Blessing for Nurses

May rest find you,
In the peaceful moments when all is still,
In the quiet times when you pause
And breathe.

May rest find you
In the chaos of the moment
In the sorrow you seek to heal.

May rest strengthen and bless you.
May it fill your spirit
And give you unearned joy.

May you find rest in the care of others,
In the knowledge of your worth,
In the value of your service.

May the One who gives rest
Bless you and hold you close.
And may you, in your very being,
Be a place of rest for others.

Amen.

From Voices from the Journey, by Juliana Casey, IHM, published in 2015 by the Catholic Health Association of the United States